



*“Celebrating 54 Years of Serving Guernsey County”*  
**Senior Times Newsletter**



**Volume 54 Issue 4**

**Guernsey County Senior Citizens Center, Inc.**

**April 2026**

***Special Events:***

**Closed Good Friday  
Friday, April 3rd**

**Good Ole Gospel  
Music Night  
Tues., April 7th**

**Breakfast Buffet  
Friday,  
April 10th**

**Lunch Bunch  
Group  
Mon., April 13th**

**Painting Class  
Monday,  
April 20th**

**Free Skin Cancer  
Screenings  
Thursday,  
April 23rd**

**Byesville  
Dinner  
Tuesday, April 28th**

1022 Carlisle Ave, Cambridge, Ohio 43725  
 Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349  
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**LEADERSHIP TRANSITION  
ANNOUNCEMENT**

We want to share an update regarding our leadership team. After 25 years of service, Shon Gress has resigned from his role as Executive Director. We are pleased to announce Rhonda Foraker has been named Interim Executive Director. Rhonda has served as the Executive Assistant and has been a part of the administrative team for over six years.

Rhonda is a life-long resident of Guernsey County. Before joining the organization, Rhonda held roles as a staff accountant, accounts payable, unit and pricing manager, retail management, administrative support, office management and customer service where she developed strong leadership, communication, and organizational skills.

Rhonda has been married to Dave Foraker for 29 years. They are fortunate to have their son, daughter-in-law, grandchildren, family and close friends living nearby. She truly enjoys working with seniors



*You're Cordially Invited to attend the*

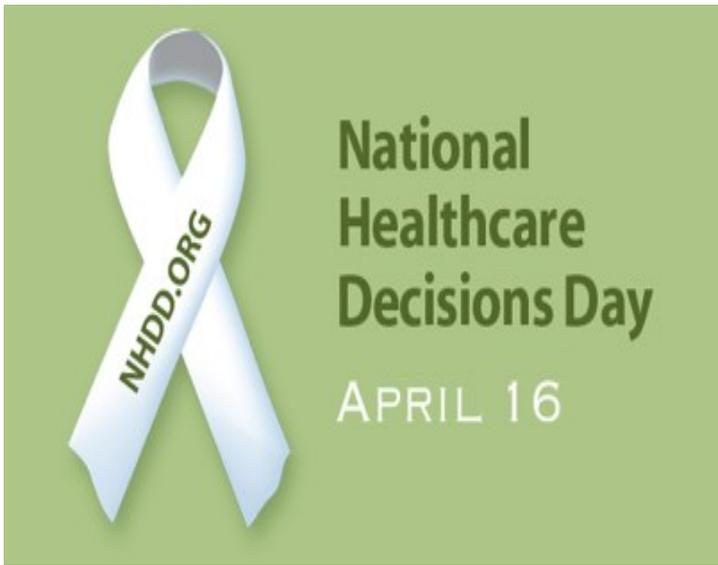
**April Monthly  
Dinner  
Thursday,  
April 16th, 2026  
5:00 PM**

*Entertainment, Dinner, & Door Prizes*

**Advanced Reservations  
are Required**

and supporting the community. If you haven't met her yet, feel free to stop in at the center and introduce yourself.

*The Guernsey County Senior Citizens Center is funded in part by the Ohio Department of Aging-Area Agency on Aging-9, Guernsey County Senior Services Tax Levy, Meals on Wheels Tax Levy, United Way, as well as through Public and Private Donations & Corporate Contributions Received from County-Wide Supporters.  
 The Guernsey County Senior Citizens Center, Inc. is a certified 501 (c) 3 non-profit multi-senior services organization that has been in operation for over 54 years.  
 This institution is an equal opportunity provider.*



## **National Healthcare Decisions Day (NHDD)**

**Thursday, April 16th**

National Healthcare Decisions Day is a crucial initiative aimed at raising awareness about the significance of advance care planning. NHDD, facilitated by **The Conversation Project (TCP)**, serves as a reminder for individuals to consider and communicate their healthcare preferences, ensuring their voices are heard and respected.

**Here are some key reasons why advance care planning is essential:**

1. **Empowering Individuals:** Advance care planning empowers individuals to make informed decisions about their healthcare preferences, ensuring that their values and wishes are honored, even if they become unable to express them in the future.

2. **Reducing Stress and Uncertainty:** Having conversations about advance care planning reduces stress and uncertainty for both individuals and their loved ones. Knowing and understanding a person's healthcare preferences can provide peace of mind during challenging times.

3. **Improving Communication:** NHDD encourages open and honest communication

between patients, families, and healthcare providers. These conversations foster trust and collaboration, leading to better healthcare outcomes and experiences.

4. **Respecting Autonomy:** Every individual deserves to have their autonomy and dignity respected, especially when it comes to healthcare decisions. Advance care planning allows individuals to assert their autonomy and maintain control over their medical treatment.

5. **Avoiding Burden on Loved Ones:** By clearly documenting their healthcare preferences, individuals can relieve their loved ones of the burden of making difficult decisions on their behalf. This ensures that families can focus on providing support and comfort rather than grappling with uncertainty.

6. **Ensuring Quality End-of-Life Care:** Advance care planning facilitates access to quality end-of-life care that aligns with an individual's values and goals. It enables healthcare providers to deliver personalized and compassionate care that meets the unique needs of each patient.

As we observe National Healthcare Decisions Day, let us take this opportunity to engage in conversations about advance care planning, ensuring that our healthcare wishes are known and respected. Together, we can empower individuals to make informed decisions and advocate for their right to quality healthcare.

For comprehensive resources and guidance on advance care planning, we encourage you to visit **The Conversation Project**. Their website offers valuable tools, conversation starters, and information to help individuals and families navigate the process of advance care planning with clarity and confidence.

*This article was referenced from:  
[www.nphihealth.org/nhdd/](http://www.nphihealth.org/nhdd/)*



### Geri-Fit Exercise Classes

Geri Fit is an ongoing strength training exercise program that helps to rebuild strength that's been lost through the aging process. Any older adult, regardless of their fitness level, can participate.

These classes are offered:

**Wednesday's at 9:00 AM**

**Friday's at 9:00AM & 1:00PM**



### First Ladies Museum Trip Wednesday, April 1st

We will be travelling to Canton, OH on Wednesday, April 1st for guided tours of the First Ladies Museum and the Saxton-McKinley House. The First Ladies Museum holds over 5,000 artifacts related to the First Ladies and is the only site in the world dedicated to preserving the legacies of these remarkable women. Following the 2 hour guided tours we will enjoy lunch at Bubba's 33, which will be on your own. This trip will depart at 8:45AM and return around 4:00PM. The cost of this trip is \$40.00 for members and \$55.00 for non-members. If you would like to reserve a spot for this trip please call (740) 439-6681.



### Sponsored Bingo Day by Beckett House Wednesday, April 1st

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, April 1st at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



### Easter Party & Luncheon Thursday, April 2nd

Hop on into the Senior Center on Thursday, April 2nd at 11:00AM as we have an easter egg hunt. After these festivities lunch will begin being served at 11:30AM. If you would like to join us for this fun event please call (740) 439-6681.

## CLOSED *for* Good Friday

**Guernsey County Senior Citizens Center will be Closed on Friday, April 3rd in observance of the Good Friday holiday. There will also be no lunches or activities at any of the satellite sites. If you have any questions or concerns, please call (740) 439-6681.**



### Line Dancing Class on Mondays

Come enjoy yourself and the company of others as you learn to line dance on Mondays at 1:00PM. Instruction will be provided by Sharon Bachna.



# GOOD OLE GOSPEL MUSIC NIGHT

at



**Guernsey County Senior Citizens Center, Inc.**

1022 Carlisle Ave. Cambridge, OH 43725

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**TUESDAY, APRIL 7, 2026**

**DOORS OPEN AT 5:00PM**

**MUSIC BEGINS AT 6:00PM**

**ADMISSION COST: \$2**

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**Featuring:  
Cathy Goss**



**S P O N S O R E D   B Y :**  
**H E L E N   P U R C E L L**  
**S E N I O R   L I V I N G**

**&**  
**B U C K E Y E   T I R E   &   S E R V I C E**

**Hosted by: Dick Pryor**

## Cardio Drumming Class on Tuesdays

Come try out cardio drumming at Guernsey County Senior Center on Tuesdays from 1:00PM-2:00PM, instructed by Sharon Bachna. All equipment needed will be provided.



## Flourishing Florals Craft Class Wednesday, April 8th

Caitlin from OSU Extension Office will be joining us on Wednesday, April 8th to host a Flourishing Florals craft class at 11:00AM. During this class you will learn different methods to create paper flowers, and craft your own. To sign up for this class please call (740) 439-6681.



## Breakfast Buffet Friday, April 10th

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, April 10th. The breakfast menu will include: scrambled eggs, bacon, diced potatoes, biscuits & sausage gravy, fresh fruit, juice, water & coffee. This event is “by donation” for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.

## Library Pop Up Friday, April 10th

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a “Pop Up” to the Senior Center on Friday, April 10th from 9:00AM-10:00AM. They can sign you up for a library card during this time. You can also bring your electronic devices and library staff will help you install apps giving you free access to audio books, movies, tv shows, music, and more!



**BIGGS | HEALTH & LIFE**

## Sponsored Bingo Day on Fridays by Biggs Insurance Agency

We will have Philip, from Biggs Insurance Agency joining us to sponsor Fun Bingo every Friday throughout the month of April at 10:00AM. He will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!



## Lunch Bunch Group Monday, April 13th

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new while meeting new friends? Then the Lunch Bunch is for you! April's Lunch Bunch will be meeting at Plus One Pizza in Byesville, located at 10355 Pioneer Rd. in Byesville, on Monday, April 13th at 11:30AM. If you plan on attending, please call (740) 439-6681 to make your reservation. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.



**Cardinal Place**  
ASSISTED LIVING

## Sponsored Bingo Day by Cardinal Place Tuesday, April 14th

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, April 14th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



## Preserving Herbs Class Tuesday, April 14th

Caitlin from OSU Extension Office will be joining us on Tuesday, April 14th at 11:00AM to host a preserving herbs class. During this class you will learn about selecting herbs, common varieties of herbs, using fresh herbs in cooking, and preserving herbs by drying and freezing.

## Alzheimer's Support Group Tuesday, April 14th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, April 14th** here at the Senior Center.



## Monthly Senior Dinner Thursday, April 16th

We cordially invite you to join us Thursday, April 16th, for the April monthly senior dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: Italian marinated chicken breast, sour cream and chive mashed potatoes, California blend vegetables, fruit cocktail, and orange citrus cake for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. "Grab & Go" meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. Cost of ticket for this event is "By Donation" for seniors age 60+, suggested donation is \$5.00.

## Commodity Pick-Up Friday, April 17th

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. The next distribution will be held on **Friday, April 17th** from 10:00AM-3:00PM.



## Painting Class Monday, April 20th

We are excited to have Three Sister's Studio here with us on Monday, April 20th at 2:00PM to host a painting class. You will be painting a bunny in spring flowers. The cost of this class is \$10.00. If you would like to sign up for this class please call (740) 439-6681.



## Sponsored Bingo Day by The Enclave Tuesday, April 21st

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, March 17th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



## Groovy Plants Ranch Trip Wednesday, April 22nd

If you love plants and gardening, this is the perfect trip for you! We'd love to have you join us as we travel to Groovy Plants Ranch on Wednesday, April 22nd. We will start off the day with an hour guided tour of the Ranch then will be allowed to explore and shop all of the beautiful plants on your own. Following our visit to the Ranch we will enjoy lunch at District 13 restaurant, which will be on your own. This trip will depart at 8:15AM and return around 4:00PM. The cost of this trip will be \$30.00 for members and \$45.00 for non-members. To reserve a seat on this trip please call (740) 439-6681.

# FREE Skin Cancer Screening

Early detection saves lives.

Join us for a **free, professional skin cancer screening** with Dr. Rebekah Wever, MD

 **Date:** Thursday, April 23, 2026

 **Time:** 9am-3pm

 **Location:** OhioHealth General Surgery – Cambridge  
1230 Clark Street, Suite B  
Cambridge, Ohio

## Why Get Checked?

- Skin cancer is the most common form of cancer in the U.S.
- Early detection leads to highly successful treatment.
- A quick, painless skin exam could make all the difference.

## What to Expect

- A full-body skin check by **Dr. Rebekah Wever**, Board-Certified Surgeon
- Education on identifying warning signs
- Personalized prevention tips and follow-up guidance

## Appointments Required

 **For ease, schedule with the SENIOR CENTER!**  
Limited slots available — reserve your spot today!

Brought to you by OhioHealth General Surgery Cambridge

The office of Drs. Sarap, Leslie, O’Hanlon and Wever

Committed to your health through care, compassion, and prevention.



**Greeting Card Class  
Thursday, April 23rd**

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, April 23rd at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!



**Byesville Dinner  
Tuesday, April 28th**

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, April 28th. The menu will include: baked steak with "lion" gravy, mashed potatoes, Mediterranean blend vegetables, and strawberry rhubarb pie for dessert. Please call (740) 439-6681 to make your reservations.



**April Birthday Celebration  
Wednesday, April 29th**

Please plan to join us on Wednesday, April 29th at 11:30AM as we celebrate April birthdays! We will enjoy cake and ice cream, which will be served after lunch. If you would like to join us on this day please call (740) 439-6681 to make your reservation.



**Satellite Site Activities**

We will be visiting all of our Satellite Sites throughout the month of April doing a fun activity. Here are the days we will be at your site:

**Pleasant City:**

Monday, April 6th at 12:00PM

**Cumberland:**

Tuesday, April 7th at 12:00PM

**Old Washington:**

Wednesday, April 8th at 12:00PM

**Byesville:**

Tuesday, April 28th at 12:00PM

**Londonderry:**

Temporarily Closed



VS



**Cleveland Guardians vs New York Yankees  
Game Trip**

**Wednesday, June 10th**

If you are a Cleveland Guardians or New York Yankees fan, this is the perfect trip for you! We will be loading heading to Cleveland on Wednesday, June 10th to watch these two MLB teams face off against each other. Lunch this day will be on your own at one of the many food vendor options located inside the stadium. This trip will be departing from the Senior Center at 9:15AM for the game and will be returning home around 6:30PM. Cost for this trip will be \$75 for members and \$90 for non-members. Payment for this trip is due by Friday, March 27th. Due to pre-payment being made, there will be no credit give in the event of a cancellation. To reserve your seat for this trip please call (740) 439-6681.



2026

**OLDER ADULT EXTRAVAGANZA**  
**Roaring 20's Theme**

*Free to public!*

*Celebrating 20 years of the  
Older Adult Extravaganza &  
AAA9's 50<sup>th</sup> Anniversary*

**May 8 10am-1pm**

**Over 50 Vendors Inside**

**FOOD TRUCKS**

**BINGO**

**FREE ADMISSION**

**PRITCHARD LAUGHLIN CIVIC CENTER -  
7033 GLENN HWY. CAMBRIDGE, OHIO 43725**

**FOR MORE INFORMATION  
1-800-945-4250**



Guernsey County Senior Citizens Center, Inc.  
1022 Carlisle Ave., Cambridge, OH 43725

**YOU ARE CORIDALLY INVITED TO ATTEND**

# *Senior Citizens Day Luncheon*

*Wednesday, May 13, 2026*

## *Schedule of Events:*

**11:00AM- Welcome, Awards, & Invocation**

**11:30AM- Luncheon**

**12:30PM- Guest Speaker- Collin Moulton**

**1:30PM- Door Prizes**



**Guest Speaker  
Collin Moulton**

## *Menu:*

**Beef Filet**

**Loaded Mashed Potatoes**

**Candied Baby Carrots**

**Tossed Salad w/Choice of Dressing**

**Fresh Fruit Kabob**

**Dinner Roll**

**Tiramisu Cake**

**Iced Tea, Coffee, & Water**

## **Advanced Reservations are Required for this Event**

To purchase tickets, please visit Guernsey County Senior Citizens Center or call (740) 439-6681 for questions.

Due to tremendous attendance,  
we regrettably cannot hold tickets for this event.



Guernsey County Senior Citizens Center, Inc.

# 2026 Senior Citizens Picnic at the Park

Wednesday, May 20th

11:00 AM-1:30 PM

### Menu:

- Chicken Leg
- Smoked Sausage on Bun
- Pasta Salad
- Baked Beans
- Bananas in Strawberry Glaze
- Assorted Pies
- Lemonade, Coffee, & Water

### Entertainment By:



### Cruz-Ins

**Limited Seating Available**  
**Advanced Tickets and Reservations**  
**are Required!**

Tickets Cost is "By Donation"

For additional information, please call (740) 439-6681.



# FACT ✓

Everyone experiences stress now and then. But the effects of stress on older adults can be greater than in other age groups.

The unique relationship between stress and aging can cause new health problems and worsen existing ones.

Stress even speeds up the aging process itself.



## You Can Not Avoid It But You Can Manage It!

### MIND & BODY

- Take Time to Unwind
- Step Away from Social Media & News
- Practice Daily Gratitude
- Talk to Others including professionals if needed
- Participate in Yoga & Tai Chi
- Get Enough Sleep
- Stay Hydrated
- Eat Healthier
- Spend Time Outside
- Be More Active



# BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

*Some people think they will never be old enough to join the Senior Center...staying active and engaged in all aspects of community life is the key to improved health and longevity. So, why wait...become a social member today!*

**Your membership card can be obtained by making a \$10.00 annual donation.**

- Other benefits include, but are not limited to;*
- *Receiving your own personal copy of the "Senior Times" monthly newsletter.*
  - *Discounts on day trips & other activities.*
  - *Birthday card greeting on your birthday.*
  - *Advance notification about new activities, services, and programs.*
  - *Your own personal copy of each month's menu & menu items for both congregate & home delivered meals.*
  - *And much, much more!*

**PLEASE CALL 740-439-6681 to learn more about becoming a new social member today!**



## MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

During the past few years we have made many changes to the way we have provided and made meals available, including the type of meals that are offered. In recent months we have had staffing and supply challenges similar to other companies and organizations. We continue to modify and adjust our menus and appreciate your understanding and patience whenever supply and products may not be available. We continue to welcome seniors to enjoy Grab & Go or Dine-In options at any of our senior nutrition sites located below or to sign-up for Meals on Wheels-Home Delivered Meals today!

- **Londonderry Site** TEMPORARILY CLOSED Located at: 22577 Cadiz Rd, Freeport, OH 43973.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 1:00PM) only. Located at: 441 W Main St. Cumberland, OH 43732. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Pleasant City Site** will be open on Monday (11:30AM – 1:00PM) and Thursday (11:30AM – 1:00PM). Located at: 400 Main St. Pleasant City, OH 43772. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Old Washington Site** will be open on Wednesday (11:30AM-1:00PM) and Friday (11:30AM-1:00PM) only. Located at: 118 Old National Rd. Old Washington, OH 43768. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Byesville Site** will be open Monday through Friday (11:30AM – 1:00PM). Located at: 60330 Southgate Rd. Byesville, OH 43723. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **The Guernsey County Senior Center site in Cambridge** will be open Monday – Friday with lunch served from 11:30AM- 1:00PM and Grab & Go available Monday – Friday from 11:30AM – 1:00PM.

If you are unable to attend a site or drive to pick up a Grab & Go meal, please call us before 9:30AM and we will place you on a Home Delivered Meal route for the days that you request. If you have any questions or concerns, please call 740-439-5717.



1022 Carlisle Avenue, Cambridge, Ohio 43725 • Tel: (740) 439-6681 • Fax: (740) 439-7478 • Toll-Free 1-866-534-2349  
[www.GuernseySenior.org](http://www.GuernseySenior.org)



# April 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Bylesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday &amp; Thursday, Cumberland 11:30-1:00 pm, Tuesday &amp; Friday, Londonderry site serves at 11:30 on Monday, Tuesday &amp; Thursday, and Old Washington site Wednesday &amp; Friday from 11:30am-1:00pm. <b>Dine-In or Grab &amp; Go Options Available.</b> If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a>. <i>*Menu subject to change depending on item availability.</i> This institution is an equal opportunity provider.</p> <p><b>6</b> Cabbage Roll Mashed Potatoes Mixed Vegetables Peaches Choice of Bread/ Margarine Choice of Milk</p>	<p><b>7</b> BBQ Pork Riblet Potato Wedges Baked Beans Blueberries Choice of Bread/Margarine Choice of Milk</p>	<p><b>1</b> Cheeseburger w/ Bun Seasoned Fries Key Largo Vegetables Apricots Choice of Milk</p>	<p><b>2</b> Baked Ham Au Gratin Potatoes Green Beans Fresh Apple Dinner Roll/Margarine Lemon Cake Choice of Milk</p>	<p><b>3</b> Closed  <i>Frozen meals available upon request</i></p>
<p><b>13</b> Honey Dijon Chicken Baby Baker Potatoes Buttered Peas Fruit Cocktail Choice of Bread/ Margarine Choice of Milk</p>	<p><b>14</b> Pizza Casserole Succotash Tossed Salad Cinnamon Apple Slices Iced Brownie Choice of Milk</p>	<p><b>8</b> Chicken &amp; Dumplings Roasted Red Potatoes California Blend Vegetables Strawberry Fruited Jell-O Choice of Bread/Margarine Choice of Milk</p>	<p><b>9</b> Salisbury Steak Sour Cream &amp; Chive Mashed Potatoes Broccoli Casserole Clemintine Dinner Roll/Margarine Choice of Milk</p>	<p><b>10</b> Cream of Potato Soup/ Crackers Chicken Salad Sandwich Celery &amp; Carrot Sticks w/ Ranch Fresh Pear Choice of Milk</p>
<p><b>20</b> Baked Cod Fish Rice Pilaf Lima beans Tropical Fruit Coleslaw Breadstick/Margarine Choice of Milk</p>	<p><b>21</b> Baked Lasagna Caesar Salad w/CROUTONS French Style Green Beans Spiced Peaches Garlic Bread Choice of Milk</p>	<p><b>15</b> Beef Roast Roasted Potatoes Sliced Carrots Fresh Grapes Dinner Roll/Margarine Choice of Milk</p>	<p><b>16</b> Cheese Omelet Potatoes O'Brian Sausage Patty Fresh Orange Biscuit/Jelly Tomato Juice Choice of Milk</p>	<p><b>17</b> Smoked Kielbasa Haluski Seasoned Green Beans Peach Fruited Jell-O Choice of Bread/Margarine Choice of Milk</p>
<p><b>27</b> Chipped Beef Gravy Yukon Gold Potatoes Broccoli Florets Mandarin Oranges Texas Toast Choice of Milk</p>	<p><b>28</b> Crispy Chicken Leg Hashbrown Casserole Buttered Corn Diced Peas Choice of Bread/Margarine Choice of Milk</p>	<p><b>22</b> Baked Chicken Parsley Potatoes Brussel Sprouts 100% Cranberry Juice Choice of Bread/Margarine Choice of Milk</p>	<p><b>23</b> Shredded BBQ Pork W/ Bun Sweet Potatoes Yellow Squash Berry Mix Choice of Milk</p>	<p><b>24</b> Country Fried Steak w/ Gravy Loaded Mashed Potatoes Seasoned Spinach Peaches Choice of Bread/Margarine Choice of Milk</p>
<p><b>27</b> Chipped Beef Gravy Yukon Gold Potatoes Broccoli Florets Mandarin Oranges Texas Toast Choice of Milk</p>	<p><b>29</b> Baked Pork Chop Cheddar Mashed Potatoes Cauliflower 100% Fruit Juice Dinner Roll/Margarine Choice of Milk</p>	<p><b>29</b> Baked Pork Chop Cheddar Mashed Potatoes Cauliflower 100% Fruit Juice Dinner Roll/Margarine Choice of Milk</p>	<p><b>30</b> Meatloaf Scalloped Potatoes Baby Carrots Fresh Banana Knot Roll/Margarine Choice of Milk</p>	



**April Employee Birthdays**

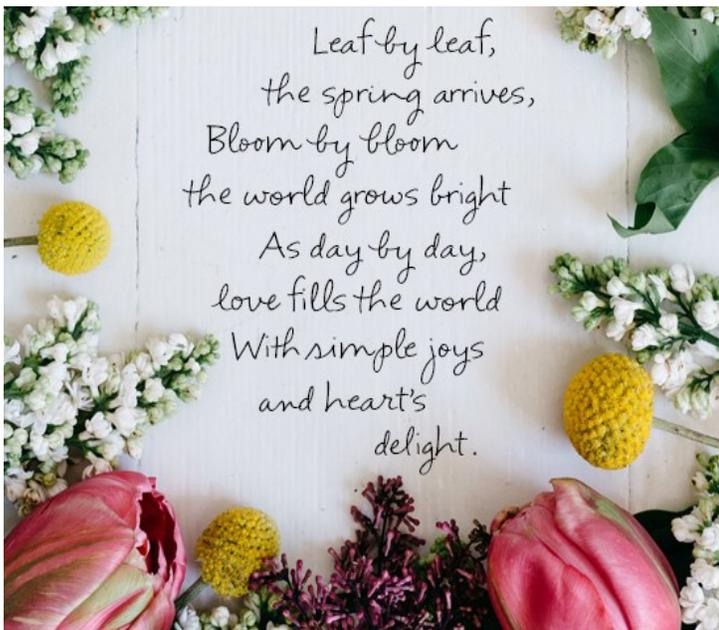
Gloria O'Connor	6th
Eddie Warden	7th
Tina Hinkley	10th
Darby Acton	12th
Kathy Smith	16th
Frank Johnson	26th
Tom Goduto	27th



**A Special "Thank You"**

The Guernsey County Senior Citizens Center and the services we provide depend largely on the kindness and generosity of our supporters. We would like to take this opportunity to personally thank each and every special individual who made a generous gift during the months of February:

- Anonymous**
- Cordial Chorus**
- \*Crystal Willis**
- \*Tom & Jane Sulsberger**
- \*Vicki Foraker**
- \*In Memory of Earl Adams**
- Kenny & Marsha Kerr**
- Allan Strawsburg**



Leaf by leaf,  
 the spring arrives,  
 Bloom by bloom  
 the world grows bright  
 As day by day,  
 love fills the world  
 With simple joys  
 and heart's  
 delight.



**Do you need a ride to & from your doctor appointments?**

**Guernsey County Senior Citizens Center can help!**

We transport senior citizens, age 60 & older, to medical appointments and wellness exams, and many other non-medical transportation to locations within Guernsey County, Ohio.

**The transportation department's hours of operation are**  
**Monday through Friday**  
**8:00 AM - 6:00 PM**  
**Saturday**  
**8:00 AM - 3:00 PM**

Evening dialysis:  
by "appointment only"



24 - 48 hour advance notice is recommended. Hours and services may be limited based upon fleet availability. For additional information on these services, please contact (740) 432-3838.

## Showcase your creative side at the Guernsey County Senior

### Craft on Monday

If you enjoy creating new things, Guernsey County Senior Citizens Center invites you to join our in-house crafting group on Mondays from 8:30 AM-11:00 AM. Please visit the Senior Center and see the display of one of a kind, beautiful crafts for public sale, including floral arrangements, all occasion cards, and much more.

### Stitch together works of art on Tuesdays

Quilted works of art are created one stitch at a time and take loving hands to complete. Join in the fun by participating in the quilting group that meets each Tuesday at 9:00 AM. If you have a quilt top that you would like to have quilted, they are able to do that for you for a reasonable fee. Please stop by the Senior Center to see the beautiful quilts on display for purchase.

### Wednesdays are "tailor" made for sewing

The Senior Center sewing group meets every Wednesday from 9:00 AM - 11:30 AM and are always making & selling new items for purchase. If you are looking for someone to hem a pair of pants or repair a pocket, they may be able to help. Unfortunately, they are no longer able to sew any type of jean material.

If you have questions about any of these fun artistic groups, or would like to sign up, please stop by the Senior Center or call (740) 439-6681.

### Have Some Fun Playing Cards

Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join us for Open Cards on Mondays, Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:00 PM until 3:00 PM.

### Blood Pressure & Wellness Checks

Health checks are provided at the Senior Center by our registered nurse, Heather, every Tuesday from 11:00 AM -12:00 PM. She will be able to check your blood pressure, pulse, and weight. For more information, please stop by your Senior Center on Tuesdays.

### Clothes Closet on Mondays

The Guernsey County Senior Citizens Center maintains a clothes closet exclusively for senior citizens and it can be visited on Mondays, 11:00 AM – 12:00 noon. Our friendly clothes closet volunteers Rachel Milligan & Marsha Kerr will assist you. Just a courtesy reminder we do have limited space for the clothing donations, so we ask that you please only bring one small bag with donations at a time. If you would please call us at 740-439-6681 before bringing in your donations that would be greatly appreciated!



### Become a Member of Guernsey County Senior Center

The Guernsey County Senior Citizens Center offers social membership for seniors 50 years of age and older. The cost is \$10.00 donation a year and entitles you to receive our informative monthly newsletter. You may also be able to receive your newsletter by email. For more information, please call the Senior Center at (740) 439-6681. We would like to welcome our new members from February:

Lisa Polch  
Darin Dodd  
Lori Goody  
Mike Povlinko  
Jill McManaway  
Wendy Beres  
Sherry Miller  
Nancy Cooper  
John Cooper



# Utility Assistance Available For Senior Citizens

## Heating Assistance Available Application Deadline: May 31, 2026

The Ohio Department of Development and the Area Agency on Aging, Region 9 want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the Federal Poverty Guidelines for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. Applications for the HEAP program must be received by May 31, 2026.

For more information or assistance with applying for a HEAP benefit, contact Guernsey County Senior Citizens Center at (740) 439-6681.

*To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov).*

## Utility Assistance Available For Senior Citizens

### Energy Assistance Available to Reconnect/Avoid Disconnection of Utilities

Ohio's electric and natural gas customers have the opportunity to use the Winter Reconnect Order (WRO) during the winter heating season from October 18th through April 15th to reconnect or to avoid disconnection of their utilities. The WRO applies only to Ohio's investor-owned electric and natural gas utilities and does not apply to municipally-owned utilities or rural electric co-ops. To apply, contact your utility company.

The order allows any electric or natural gas customer of an investor-owned utility to avoid disconnection or to reconnect their service for \$175, even if the customer owes more and cannot afford to pay the entire balance.

It is always recommended to speak with a representative of the utility company or your local community action agency before using the WRO.

Contact your local community action agency, located at 185 S 2nd St, Byesville, by calling (740) 685-2422 or (740) 685-2423 for additional information. If you would like someone to assist you in talking to your utility company, you can call the Public Utilities Commission (PUCO) by calling 1-800-686-7826.

### Dollar Energy Fund & Neighbor To Neighbor Program Assistance

Dollar Energy Fund and AEP Ohio have teamed up to create a program that will assist low-income AEP Ohio customers who have difficulty paying their electric bill. The program will provide eligible customers with a utility assistance grant applied directly to the AEP Ohio bill. This grant will help low-income customers maintain or restore their basic electric service.

#### Eligible Households

1. Must be a customer of AEP
2. Be at or below 250% of the Poverty Income Guidelines (FPIGs), a family of four earning up to \$65,500 per year is eligible.
3. Have made a sincere effort of payment on their AEP bill. A sincere effort is a minimum of \$75 in the last 90 days. Exceptions for senior citizens will apply.
4. Have a minimum balance of \$100 on their AEP bill.

For a Neighbor-to-Neighbor Program referral, contact: Area Agency on Aging, Region 9 at (740) 439-2294 or 1-800-945-4250.



## **MEALS on WHEELS** **GUERNSEY COUNTY**

TOGETHER, WE CAN DELIVER.

# Healthy Meals & Nutrition

Guernsey County Meals on Wheels offers nutrition services to area seniors. We provide home delivered meals and on site lunches. If you are a senior age 60 or older, the suggested donation is \$5.00, for anyone under 60, the cost is \$7.50. For additional information, please contact (740) 439-5717.

### **Continental Breakfast Offered Every Morning**

A continental breakfast of items such as cereal, toast etc., is offered each morning at Guernsey County Senior Citizens Center from 8:00 AM - 9:30 AM for senior citizens age 60 and older. The recommended breakfast donation is \$2.50. Reservations are not required. If you would like additional information about this or any of the Senior Center's nutrition programs, please call (740) 439-5717.

### **Home Delivered Meals Available throughout Guernsey County**

Hot, home-style, nutritious, well-balanced home delivered meals are available to eligible individuals age 60 and older, living in Guernsey County, with nutritional need. Meals are delivered Monday - Friday and are provided by Meals on Wheels Guernsey County. Homemade, pre-prepared frozen meals are available for weekends and holidays upon request. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months. Special meals (diabetic, low-salt, puree, diverticulitis, liquid, etc...) are also available. If you are interested in receiving home delivered meals, please contact Meals on Wheels Guernsey County at (740) 439-5717.

### **Ensure® & Glucerna® Supplemental Beverages Available**

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in three delicious flavors: Chocolate, Vanilla, and Strawberry, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$25, Ensure plus is \$28, and Glucerna is \$38. To place an order, please stop and visit with Donna at the front desk, or please call (740) 439-6681.

### **Disabled Veterans of Any Age are Eligible to Receive Home Delivered Meals**

Disabled veterans of any age are eligible to receive nutritious home delivered meals provided by the Guernsey County Meals on Wheels program. To receive this service, you must be a disabled veteran (no matter what age) living in Guernsey County. If you are interested in this service or have any additional questions, please contact (740) 439-5717. **Thank you to all of our veterans for your service.**

### **Friendly Reminder Regarding Assessments**

A requirement of Ohio Department of Aging is for providers, such as Guernsey County Senior Citizens Center, to conduct routine assessments and updates on every senior citizen, age 60 years and older, whom we serve. We will conduct client/participant assessments at different times throughout the year. We kindly ask for your assistance and cooperation as we complete these assessments. If you have any questions regarding the assessment process, please contact or call any member of the Senior Center staff at (740) 439-6681.

### **Nutritious Home Delivered Meals available to help clients recover**

Sustaining good nutrition and a healthy diet are beneficial to your recovery and wellbeing. The Meals as you Mend program is designed to provide recent patients of Southeastern Med who are residents of Guernsey County and at least 60 years of age with 30 nutritious, hot, home delivered meals at no cost once they are discharged and plan to return home. If you would like additional information on the Meals as you Mend program, please ask a nurse or social worker at Southeastern Med or please call Meals on Wheels Guernsey County at (740) 439-5717.

## April 2026 Birthdays

04/01	Verla Carpenter Jean Farrar Ethel Rayburn Kim Alfman	04/15	Darla Craig Cindy Lyons	04/28	Allison Bailey Eloise Gray
04/02	Shelia Watson	04/16	Kay Bennett Petra Severance	04/30	Fawn Wayble Ralph Campbell
04/03	Anne Bell Pete Smith Joetta Varanasi Paula Larrick	04/17	Kathleen Smith Betty Wright Teresa Cleek Cathy Luczak Cynthia Oakley		
04/04	Teresa Bistor Carolyn Bortrager Robert Howell Bob Perry	04/18	Michael Grove Maxine Shaw Judy Coppins		
04/05	Gary Kovalchik Diana Wetzel	04/19	Myrle Carpenter Angela Cotton Robert Gorjup Jo E. Lucas		
04/06	Cheryl Douglas Emily Paslay Debbie Reisner Mary Valentine	04/21	Cheryl Carmany Paula Craig Joyce Frame Shirley I Hanes Kathryn Pontius Eileen Sickles John Snelson Jane Sulsberger		
04/07	Mary Ann Brown Kennie Lewis	04/22	Toni Kratochvil Leeanna Lowe Lois Martin		
04/08	Elsie Dodd Celeste Jirles Mary Ann Murray Judy Ross Suzanne Valentine Robert Kennedy	04/23	Linda Locher Martha Moore Vivian Martin David Wantz Jeanne Cantor Marydell Galloway		
04/09	Judy Gant Cathy Lynn Pietranton David Wills	04/25	Jeanne Cantor Marydell Galloway		
04/10	Eleanor Davis Mary Lou Eagleson Tina Hinkley Thelma Roe	04/26	Lori Cass Patricia Graven Linda Jennings Robert Larrison Donna Sovka Candy Varajon Ruth Wheeler		
04/11	Marlene Gombeda Marilyn Krak Denise Phillips Ron Scott Paula Shockley	04/27	Anne Burns Mary Owens Tammy Shipman Ellen Stottsberry		
04/12	Carolyn Allen Dean Brooks Athelinda Brown Jeff Jones				
04/14	Marcia Beatty Charlene Downing Bev Snyder				



**From your  
friends at  
Guernsey  
County  
Senior Citizens  
Center, Inc.**



# Easter Word Search



BGZHYUBMSHBAFTLSRMPIHSROWTS  
 BDNRUURGZKUROAPYTHUGGKESJLR  
 BEFINNGXMRERUIISDAXSNZVWLCE  
 UCLNRETCWBRAGNWTZNHCIXQIHPL  
 FOYDJOFCAAXYTHCHHGAHSCRORIF  
 FRALOCLICRGNIRAHSMPCSFIEAHA  
 EAIWYOLOLEFUNMWCROSSERSTNSM  
 TTJATXFMCTENTERTA INBLGNPEDI  
 AESREWOLFSYRGPSGNIKABON IENL  
 YALPSIDAUA STKASPRINGTWROREY  
 ESIRNUSIEERQKRTTVHBTGOLYSIP  
 NVMVZHKCCVRPIAJHZIOEMXAPXRD  
 BOUQUETE EHNELDIAECSELDNACFF  
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 ECGTEUASUHCMQESTIXILTRGTSOS  
 IETZISNATBAHKSWIFIONGZITRTE  
 SSIESDMDPWXPQNTHWLGNIDBII  
 ORGIKAACARRCJIBUSVOGUVMAHUL  
 PXOPNSBRCYIOOLSMLRETEKJAMCI  
 XNJBPDALTDZLUUMMILETSAPSVGL  
 ACCLAIMBILNAATSORNHCRUHCSNR  
 MIRACLENMEGTZCUCNHOMEIDECII  
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 JFCNRTLGS CZSAZYPTOYPOVBGYHA  
 EIRUZUJTCIOLACGYIOTNELHUMZL  
 PCDGDSWUVFLKLCMHLMENG TMLIA

- Acclaim
- April
- Array
- Awe
- Baking
- Basket
- Blessing
- Bonnet
- Bouquet
- Brunch
- Buffet
- Bunny
- Candles
- Candy
- Capture
- Carrot
- Celebrate
- Chick
- Chocolate
- Choir
- Church
- Coloring
- Community
- Cottontail
- Cross
- Custom
- Decorate
- Dinner
- Display
- Ducks
- Easter
- Eggs
- Entertain
- Faith
- Family
- Festive
- Flowers
- Food
- Friendship
- Frills
- Fun
- Gathering
- Gifts
- Glorious
- Ham
- Hats
- Hiding
- Holiday
- Home
- Hunt
- Joy
- Lamb
- Lent
- Life
- Lilies
- Memories
- Miracle
- Music
- Parade
- Passion
- Pastel
- Peeps
- Posies
- Prize
- Reflection
- Renew
- Ritual
- Season
- Sharing
- Song
- Special
- Spring
- Sunday
- Sunrise
- Tradition
- Tulips
- Unity
- Vigil
- Visit
- Voices
- Word
- Worship





*“Please Assist Us in Continuing Our Mission of Serving Guernsey County Senior Citizens”*

## **Your Tax Deductible Donations Help Provide Senior Citizens with Services**

The Guernsey County Senior Citizens Center, Inc. is a registered 501 (c) 3 non-profit multi-senior services county-wide provider that is funded in part by the Ohio Department of Aging through The Area Agency on Aging-Region 9. Additional funding sources include a Senior Services Tax Levy, United Way of Guernsey County, as well as donations and contributions that are made by our countywide supporters. No one-single funding source supplies 100% of the funding that is required to sustain the many programs and services that GCSCC provides. All funds are obtained on a reimbursable basis and are received by GCSCC only after services have been provided to eligible senior citizens living throughout Guernsey County.

For over 54 years we have steadfastly continued our mission of serving older adults in Guernsey County. Due to the growing need for senior based services and programs the Guernsey County Senior Citizens Center, Inc. depends a great deal upon the kindness and generosity of others in helping us to fulfill our mission and goals. **Your donations greatly assist us in our mission of serving senior citizens as well as help us to serve a growing and increasing aging adult population.** Quality services including, but not limited to; home delivered meals, transportation, and homemaking, are each provided on a “Donation Only” basis, whereby seniors will not be denied services based on their ability or inability to make a donation. Suggested Cost Sharing fees are recommended for some programs. Rising gasoline prices, increasing food costs, and other expenses require us to share this reminder about how crucial your donations are and how they go directly toward GCSCC achieving and fulfilling our mission of serving senior citizens.

Please remember GCSCC when structuring your Will; listing beneficiaries; and when making in-memoriam contributions are appropriate. We sincerely appreciate your kindness and support...and most importantly we know that the seniors that we serve appreciate your support too! *Please help us secure the future of senior based services so that they are readily accessible and available for you or when someone in your own family or circle of friends might need them.*

### **“THANK YOU FOR SUPPORTING THE MISSION OF THE GUERNSEY COUNTY SENIOR CITIZENS CENTER”**



**I/We wish to contribute to the following beneficial senior based program(s):**

- |  |  |
|--|--|
| <b>Home Delivered Meals</b> _____            | <b>Morning Breakfast Program</b> _____       |
| <b>Dining Center Meals</b> _____             | <b>General Use</b> _____                     |
| <b>Home Maker /Home Health</b> _____         | <b>Other: (Please specify)</b> _____         |
| <b>Transportation</b> _____                  | <b>GCSCC Foundation/Endowment Fund</b> _____ |
| <b>Pets Enjoy Treats (PET) Program</b> _____ |  |
| <b>In Memory of:</b> _____                   |  |

**Please complete and mail your 2026 tax-deductible donation to:**  
**Guernsey County Senior Citizens Center, Inc.**  
**1022 Carlisle Avenue, Cambridge, Ohio 43725**



*“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver” (2 Corinthians 9:7).*

## *“Leave a Lasting Legacy”*

### **The Guernsey County Senior Citizens Center Endowment Fund**

The Guernsey County Senior Citizens Center, in close collaboration with The Foundation for Appalachian Ohio, and Guernsey County Foundation has developed an alternative option for individuals who wish to leave a lasting legacy that will benefit future senior citizens and older adult generations served by the Guernsey County Senior Citizens Center and The Guernsey County Foundation & Foundation for Appalachian Ohio formed The Guernsey County Senior Citizens Center Endowment Fund because the Guernsey County Senior Citizens Center remains very reliant upon the kindness and generosity of our countywide supporters. Daily donations and routine contributions greatly assist our organization and permit us to serve a growing older adult population. Daily donations are also a vital financial resource, which assist us in meeting our program operational expenses. Because State and Federal funding sources have not kept pace the Guernsey County Senior Citizens Center, Inc. has developed the **Guernsey County Senior Citizens Center, Inc. Endowment Fund**. All services and programs provided by the Guernsey County Senior Citizens Center are provided on a “donation only” basis for senior citizens age 60 and older who live throughout Guernsey County. Beneficial senior based services provided by the Guernsey County Senior Citizens Center include, but are not limited to:

- Home Delivered Meals “Meals on Wheels”
- Senior Transportation Service & Assistance
- Homemaking
- Legal Services & Consulting Assistance
- PASSPORT
- Congregate/Social Interactive Meals
- Friendly Visiting
- Telephone Reassurance
- Senior Supplemental Food Commodities
- Preventative Medical and Well-Being Health Checks & Assessments
- Senior Clothes Closet
- Assistive Medical Equipment & Devices Loan Closet
- Morning Breakfast Program
- Golden 60’s Luncheon Meals
- As well as a variety of daily social, educational, recreational activities.

As a kind and much appreciated gesture or in gratitude for the services a senior receives we please ask that you consider The Guernsey County Senior Citizens Center Endowment Fund when:

- ♦ Making your Will
- ♦ Conducting your Estate Planning
- ♦ Making an “In Memoriam Gift” in memory of a special friend or loved one
- ♦ Making a personal gift or corporate donation
- ♦ Designating a beneficiary
- ♦ When making a bequest to a charitable trust or non-profit organization

For additional information regarding how you too can “leave a lasting legacy” benefiting senior citizens, please contact the Guernsey County Senior Citizens Center at 740-439-6681, or The Foundation for Appalachian Ohio at 740-753-1111.



# Serving Guernsey County Senior Citizens



*Providing Quality Services &  
Programs for over 54 years*

*“A 501 (c) 3 Non-Profit Multi-Senior Services  
Organization That Provides Beneficial  
Programs & Services to Older Adults Living  
throughout Guernsey County”*



## Services provided by the Guernsey County Senior Citizens Center Inc.

**Transportation Services-** Our courteous and professional van drivers personally escort senior citizens to medical exams and appointments; shopping and personal business trips; to pick-up prescription medications at pharmacies; to senior nutrition sites; and a host of other senior wellness related facilities. 24-hour advance reservations are required.

**Homemaking-** Home health care providers can visit your home and provide routine homemaking services such as cleaning, laundry, essential shopping, and meal preparation. Home health care workers also provide in-home help with Personal Care to promote and maintain essential personal hygiene, which also encourages improved self-image and good self-esteem.

**Home Delivered “Meals on Wheels”-** Hot, home style, nutritious, well-balanced home delivered meals are available Monday-Friday. Frozen meals are available for weekends and holidays. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months.

**Morning Breakfast Program-**GCSCC serves a nutritious breakfast each weekday at the Senior Center and delivers nutritious breakfasts each day to nutritionally at-risk older adults (Partially funded by United Way of Guernsey County).

**Congregate Meals-** Hot, nutritious meals are provided in a group social setting Monday-Friday at the Guernsey County Senior Citizens Center and our many Senior Nutrition Sites, which include; Cambridge Heights Apartments, Stop Nine Senior Center-Byesville, Londonderry, Cumberland, and Pleasant City. Meals are also served every Thursday at “Golden Sixties” located at the Stop Nine Church of Christ, Byesville, Ohio. *Reservations are encouraged and recommended.*

**Legal Assistance-** Legal work of a non-criminal nature (up to \$250.00) is available for seniors age 60 and over. Legal services subjects such as wills, power of attorney, real estate, probate, etc... are provided by local attorneys.

**PASSPORT-** The Guernsey County Senior Citizens Center is a certified “PASSPORT Qualified Facility” in close cooperation with the Ohio Department of Aging and Area Agency on Aging-Region 9 (740) 439-4478.

**Telephone Reassurance-** To insure the continued well-being of elderly individuals who are isolated or homebound, our professional staff and volunteers provide regular telephone contact to monitor their safety and well-being.

**Medical Assessments-** Qualified medical personnel provide blood pressure and pulse screenings each week. Cholesterol and blood sugar examinations, vision assessments, hearing screenings, and other wellness related screenings are also available throughout the year.

**Educational Programs-** Regular scheduled presentations and classes are conducted on subjects of interest to inform, enlighten, and inspire older adults and to stimulate mental activity.

**Information & Referral-** Individuals are given names, telephone numbers, and addresses of private and public organizations that can assist them with meeting their needs.

**Social & Wellness Activities-** Social and recreational activities occur daily here at the senior center. Activities include; Quilting, Crafting, Exercise, Tai Chi, Line Dancing, Painting, Computer Classes, Euchre, Bridge, Monthly Theme Dinners, Square Dancing, Aerobics, Music, Entertainment, and much more!

**Volunteer Respite Program-** This program is operated by our trained volunteers who can assist in providing caregivers with a much needed and temporary break from their caregiving responsibilities, providing them with rejuvenated respite. If you are caring for an older adult at least 60 years of age and need a much-needed break or are interested in serving as a Volunteer Respite, please contact us today.

**Senior Supplemental Food Commodities Program** – Monthly Food Program that provides 30-35 pounds of groceries each month (cheese every other month) to seniors who are at least age 60 and meet income Federal Poverty Guideline eligibility criteria.

**All services are provided on a “Donation Only” basis. Seniors will not be denied services based on their ability or inability to make a donation. Please contact us today by calling (740) 439-6681!**



## **BECOME A SOCIAL MEMBER OF THE SENIOR CENTER**

*Some people think they will never be old enough to join the Senior Center...staying active and engaged in all aspects of community life is the key to improved health and longevity. So, why wait...become a social member today!*

**Your membership card can be obtained by making a  
\$10.00 annual donation**

*Other benefits include, but are not limited to;*

- *Receiving your own personal copy of the "Senior Times" monthly newsletter.*
- *Discounts on day trips & other activities.*
- *Birthday card greeting on your birthday.*
- *Advance notification about new activities, services, and programs.*
- *Your own personal copy of each month's menu & menu items for both congregate & home delivered meals.*
- *And much, much more!*

**PLEASE CALL 740-439-6681 to learn more about becoming a  
new social member today!**